
Sinus Surgery

Pre-Operative and Post-Operative Instructions

Before surgery:

1. Do not take any ASA or aspirin for 14 days before surgery. Do not take ibuprofen, Advil, Motrin, Naproxen, Aleve and all herbal medications for 7 days before surgery.
2. Bring any prescription medications to the hospital with you.
3. If you have asthma, use your puffers before going to the hospital on the day of surgery.
4. Spray each nostril with a decongestant nasal spray (Otrivin or Dristan) 30 minutes prior to your arrival time stated on your letter.

After surgery:

1. Internal nasal swelling/congestion is common and may cause sinus headaches. Use Tylenol or the prescribed medication for the pain.
2. There will be bloody mucous oozing from your nose for 3 to 4 days after surgery.
3. Start a nasal saline spray (Hydrasense Ultra Gentle Mist, Gentle Mist or Simply Saline is recommended) the day after surgery. Use it at least 3 to 4 times per day; even if you have spacers in your nose.
4. You may have spacers in your nose. The doctor will remove these at the first post-operative appointment.
5. Your first post-operative appointment may be arranged for you before you are discharged from the hospital. If it is not, you will be given instructions on what to do. The first post-operative may be at Dr. Osler's ACF Surgery Clinic at St. Boniface Hospital or at the Taché office.
6. No exercise or heavy lifting for 10-14 days after surgery.
7. You may feel weak/light-headed for the first week after surgery.
8. You may blow your nose gently **after** the spacers are removed.
9. Most people are able to return to work 7 to 10 days after surgery. Sick notes are available upon request. There is a charge for sick notes and Disability forms.

Please call 204-233-6552 if you have any concerns.